



Compass  
RECOVERY COLLEGE

 **Reading**  
Borough Council  
Working better with you

# A Good Nights Sleep

Sleep is more important than you might think. This is a two-session workshop that will look at the factors that can adversely affect our sleep. You might be surprised how many there are.

In this workshop we will look at

- What happens when we sleep
- Pitfalls to avoid
- How to improve our sleep

Thursday 7<sup>th</sup> & 14<sup>th</sup> Dec  
10:30am till 12:00 noon  
2 Sessions Online

Free to join, Enrol with us



[Compassrecoverycollege.uk](https://Compassrecoverycollege.uk)  
[Compass.opportunities@reading.gov.uk](mailto:Compass.opportunities@reading.gov.uk)  
0118 937 3945

